



Nutrition Classes

The Nutrition Services Department invites you to their monthly Nutrition Classes held the last Wednesday of every month from 12:00pm - 12:30pm via Zoom. The zoom link will be provided upon registration.

2024 Calendar

June 26: Fiber in Food: how it impacts your health

July 31: Protein & Nutrition: why is protein important?

August 28: Smart Grocery Shopping: how to make healthy choices

September 25: Healthy Fats: not all fats are bad

October 30: Vegetarian and Plant-based: building a balanced vegetarian diet

November 20: Diabetes and Prevention

December 18: Mind your carbohydrates during the holiday celebrations

2025 Calendar

January 29: Weight Management: how to keep a healthy weight

February 26: How Nutrition Can Impact Cancer Prevention

March 26: National Dietary Guidelines: make every bite count

April 30: How to optimize Your Kids' Nutrition

May 28: Nutrition Impact on Cardiovascular Health

For more information or to register, contact Ann Lin at Ann.Lin901@Commonspirit.org.



Dignity Health[®]
California Hospital
Medical Center